

OLYMPIC TRAMPOLINE HOW TO DO IT, EXERCISES AND DRILLS

To excel in Olympic trampoline, focus on progressive skill development, structured routines, and targeted drills. Here's a breakdown of essential exercises and training methods:

Fundamental Exercises & Skills

1. Basic Jumps & Positions

- **Straight Jump:** Vertical jump with straight body and arms^[1] ^[2].
- **Tuck Jump:** Knees pulled to chest mid-air, hands grasping shins^[3] ^[1].
- **Pike Jump:** Legs straight forward, torso folded to touch toes^[3] ^[2].
- **Straddle Jump:** Legs split sideways at 90°, arms reaching toward toes^[3] ^[1].
- **Seat Drop:** Land on buttocks with legs extended, palms supporting^[3] ^[1].

2. Twists & Rotations

- **Half/Full Twists:** Rotate 180° or 360° mid-air^[3] ^[1].
- **Barani:** Forward somersault with a half twist (intermediate skill)^[2].
- **Swivel Hips:** Seat drop → half twist → seat drop facing opposite direction^[1].

3. Advanced Elements

- **Front/Back Somersaults:** Single rotations in tuck, pike, or layout positions^[2].
- **Double/Triple Somersaults:** Multiple rotations (e.g., double tuck or triple layout)^[2] ^[4].
- **Twisting Combinations:** Full-twist somersaults or complex sequences (e.g., double pike half)^[4].

Training Drills

1. Mount Olympus Progression (as seen in Olympic training)^[4]:

- **Forwards:** Straight front → straight full → straight double → straight triple.
- **Backwards:** Straight back → straight half → straight double → double Arabian.
- **Goal:** Stick landings without steps (3 attempts per skill).

2. Core Conditioning

- **Crunches:** Post-workout to strengthen abdominal muscles^[3].

- **Air Awareness Drills:** Practice body control using low-height rebounds^{[2] [5]}.

3. Spotter-Assisted Drills

- **Backdrop Pullovers:** Practice backward rotations with spotters to overcome fear^[5].
- **Pit Training:** Use foam pits to safely attempt flips and twists^[6].

Routine Structure

- **Compulsory Routines:** 10 pre-set skills (e.g., seat drops, tuck jumps) focusing on form^{[1] [2]}.
- **Optional Routines:** 10 skills with high Difficulty Values (DVs), including doubles/triples and twisting combos^{[1] [2]}.
- **Scoring:** Combines execution (form, height) and difficulty (somersaults, twists)^{[1] [2]}.

Pro Tips

- **Video Analysis:** Record workouts to refine technique^[3].
- **Progressive Difficulty:** Master basics before attempting advanced skills (e.g., triple somersaults)^{[3] [2]}.
- **Competitions:** Test skills under pressure to simulate Olympic conditions^[3].

For safety, always use professional coaching and spotters when practicing advanced elements^{[1] [5]}.

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1. https://www.tutorialspoint.com/trampolining/trampolining_quick_guide.htm
2. <https://gymnastgem.com/trampoline-gymnastics/>
3. <https://www.springfreetrampoline.com/blogs/beyond-the-bounce/olympic-trampoline-routine>
4. <https://www.youtube.com/watch?v=DVbJTT1KdEw>
5. <https://www.youtube.com/watch?v=UKCmFshwuF4>
6. <https://chalkbucket.com/threads/back-flip-on-trampoline-drills.71029/>